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## Spirituality as a determinant of health – a health promotion perspective

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# Spirituality as a determinant of health – a health promotion perspective

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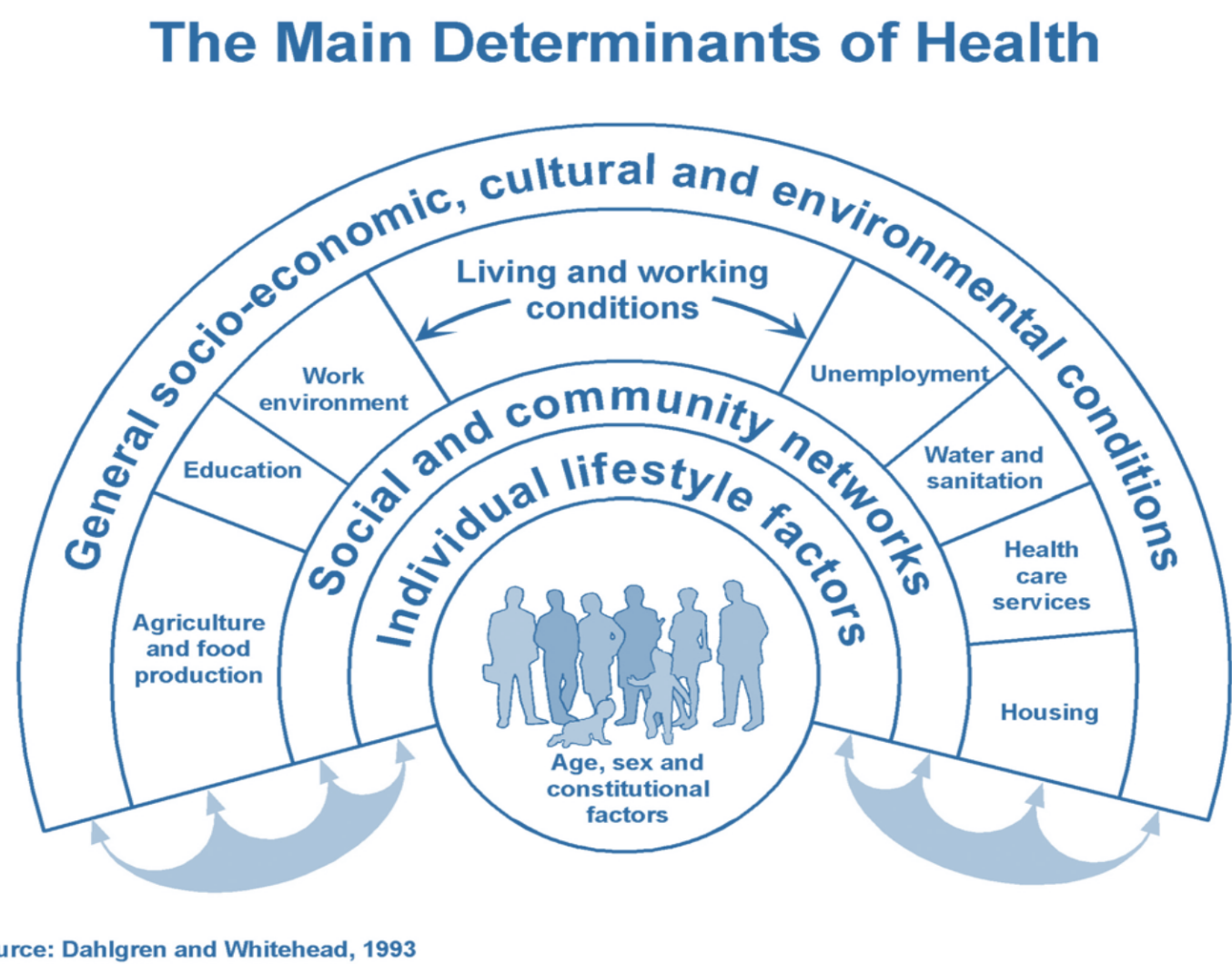


Multidimensional models of health and wellbeing are well accepted

Physical   Emotional  
Mental   Spiritual  
Social   Societal

Scriven (2010)

But where is spirituality in our understanding and models of what determines health and wellbeing ?



Source: Dahlgren and Whitehead, 1993

?



Another way to think about it  
Ubiquitous ‘upstream – downstream’ river metaphor. (McKinlay, 1979)  
People are falling in the river (getting ill), healthcare services and workers are rescuing them. But why are they falling in? What is happening upstream? What can we do to prevent it?

Interventions to improve health and wellbeing		
Upstream	Midstream	Downstream
Preventive	Preventive	Curative
<ul style="list-style-type: none"><li>• Healthy public policy</li><li>• Legislation</li></ul>	<ul style="list-style-type: none"><li>• Media campaigns</li><li>• Training professionals</li><li>• Community development</li><li>• Healthy settings</li></ul>	<ul style="list-style-type: none"><li>• Treatment</li><li>• Health education</li></ul>

- ?
- Are we looking far enough back at causal factors- far enough upstream?
  - Is our analysis of causes sufficiently sophisticated

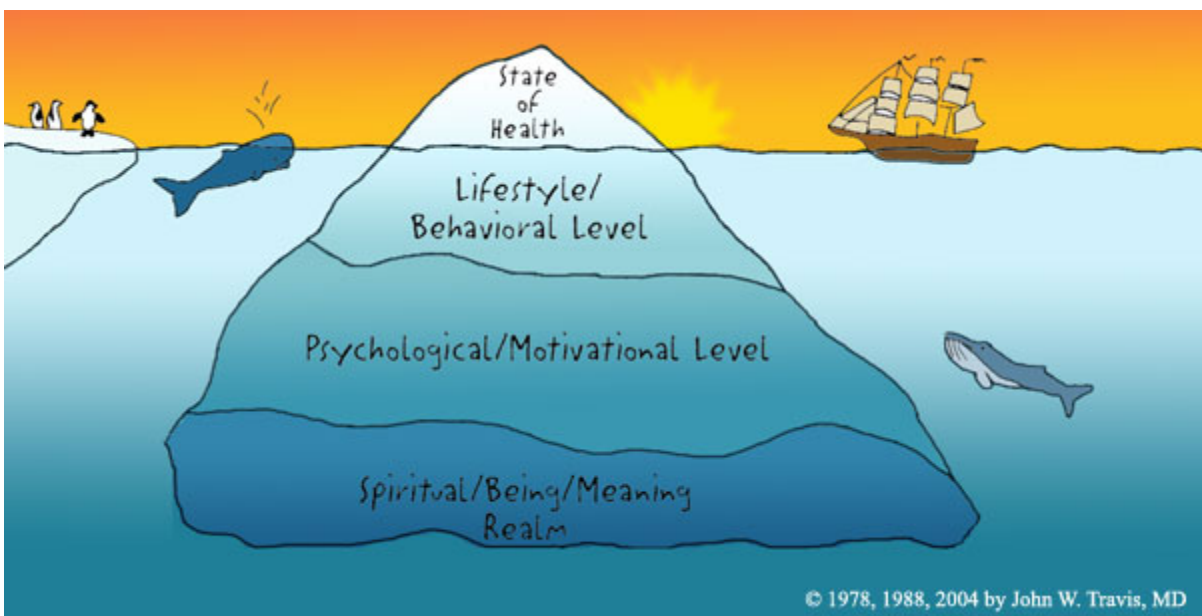


Is spirituality at the source of the river?

Meaning and identity  
(Moss and Thompson 2007)

- A relational concept
- a broad set of principles that transcend all religions.
  - about the relationship between ourselves and something larger.
  - being in the right relationship with all that is.
  - an understanding of their mutual interdependence.
- (Kaiser 2000)

Spirituality is important for individual health and wellbeing , as a resource and determinant. ‘Spiritual affliction’ is a precursor to issues such as marginalisation , addiction, poverty, mental illness (Kruk, 2006).



Or even the ‘L’ word.....

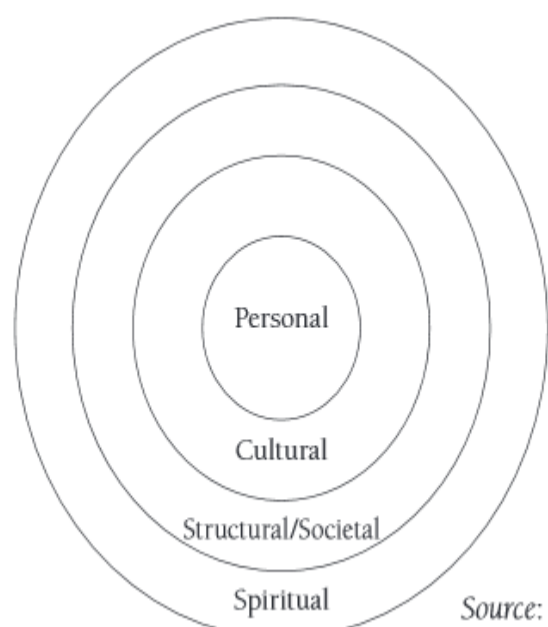
Spirituality is also important at other levels

For example (Moss and Thompson, 2007):

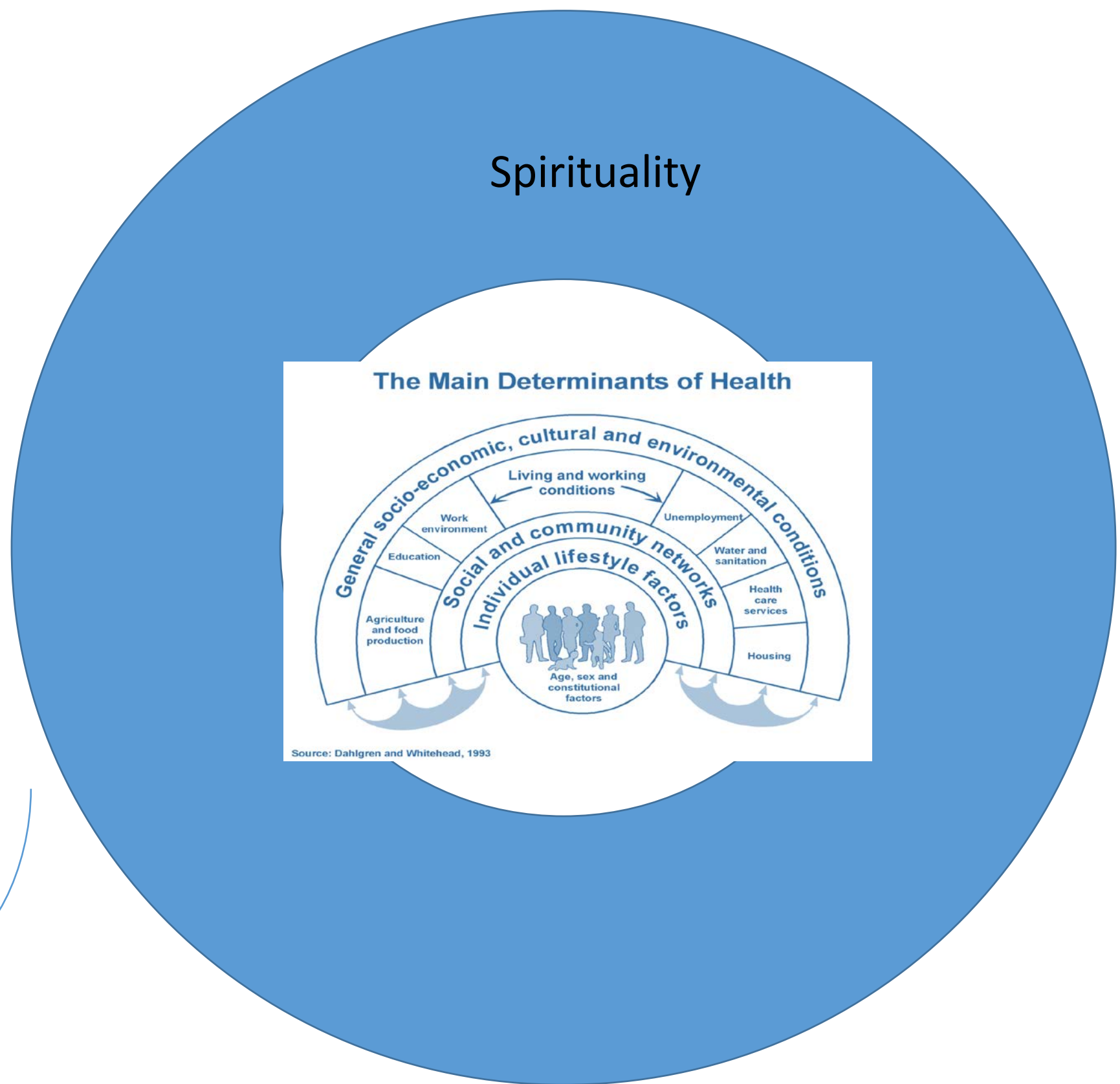
- key links between spirituality, connectedness and social justice
- roots of inequality – not just personal, cultural, structural.....but also spiritual

Social transformation cannot be separated from spiritual transformation (Mandela, 1997)

“At the societal level, indicators [of spiritual health] might be manifestations of solidarity, equity, justice, sexual equality, unity in diversity, participative decision-making, and power sharing.” (Vader, 2006)



Source: Thomson, 2006



A biopsychospiritual model of health  
King, 2000; McKee & Chappel, 1992  
or  
A spiritualsocialpsychobiological model of health ?

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